

## Welcome!

*I am delighted to share with you my knowledge and experience related to the principles and practice of yoga.*

*My intention is to create a safe, relaxed environment and offer guidance and encouragement that inspires consistent practice and personal growth through Yoga.*

*Open communication and mutual respect are key to working together. I look forward to developing a collaborative relationship that will benefit your efforts to be healthy, strong, relaxed and happy.*

*Love, Light and Leela,*

*Jennifer Jennette, E-RYT 500, RCYT*

## A FEW THINGS TO KNOW when practicing Yoga...

**You are in control... and you are responsible for your own health and safety. Honor your body by not pushing, straining or forcing a pose. Respect your body's limits during each practice.**

Wear clothing you can move easily in - bare feet are essential.

Communicate with me about any injuries or challenges you may have BEFORE class/lessons starts, OR if something comes up in class, so I can help you adapt the postures to your needs. This will allow you to practice SAFELY and have an enjoyable yoga experience.

Every body is different and we each have our own physical strengths and challenges. Enjoy the learning process. Pay attention to your breath and notice what you learn about yourself during practice. This is your time to relax and learn ways to take care of your body and mind.

Please turn off all cell phones before class begins.

Try to eat 2-3 hours before practicing (or 1 hour if eating a light snack. Wait 3 hours after a big meal, or 1 hour after a snack before practicing yoga. If you need to eat something before class choose something that is easily digested and healthy for you - banana, yogurt, glass of almond milk...

PAIN is your body's voice. If you are feeling pain (pinching/burning), stop what you are doing and bring it to my attention. Let yoga be a place where you can relax, rejuvenate and feel good.

Drink plenty of WATER. Practicing yoga heats the body internally, stimulating hormones, blood flow and the release of toxins. Help the cleansing process by drinking water, especially after you practice. If you need hydration add a little fruit juice or salt to your water.

### **Student/Teacher Relationship:**

We learn from each other and we teach each other.

We agree to ask questions and give each other feedback. Clear communication creates a space where the learning is safe and the teaching is consistent with the principles of yoga.

We agree to make a sincere effort to begin on time and end on time.

### **Adjustments:**

Hands-on assistance and adjustments are used to support learning.

We agree to openly communicate what we need in these interactions to assure safety, healthy boundaries and cooperation.

Shared information will be used only within the class setting to benefit the student's growth and overall health.

Our work together is to be cooperative, respectful and beneficial.

For the safety of the student and teacher, it is important that the student be honest and forthcoming about physical, mental or emotional issues he or she is dealing with.

### **Practice:**

At home practice is encouraged and supported.

### **Payment**

Payment will be made in advance of sessions or through a monthly payment arrangement.

Refunds will not be given for missed classes.

Payment can be made with cash, check, credit card, PayPal.

There will be a \$25.00 service fee for returned checks or refused credit card payments.

Private lesson cancellations made 24 hours or more in advance of scheduled time may be made up at a different time if scheduled within 30 days. If lessons are cancelled with less than 24 hours notice the client will be charged for the entire lesson.

### **Refunds**

Once we have decided on and have signed our agreement on type, duration and cost of your yoga program, no refunds will be offered. Growth and learning requires consistency and commitment from both client and instructor. As I am personally committed to helping you heal and feel calm, confident and healthy, I expect this same dedication from you so that you can fully be and feel your best self.

I look forward to our time together!